

## ABSTRACT

The invention provides a handle (38) for hand and garden tools which causes a preferred coupling position of an assigned group of hands when the respective tool is used. The handle (38) contains a first section for contacting the palm and a second section that is intended for being encompassed by the fingers. The first section contains a distal part (50) that is intended for being encompassed by the thumb bridge, a proximal part (54) that is intended for contacting the ball of the hand root and a center part (52) that lies between the two aforementioned parts and has a pronounced radially outward directed curvature that extends over at least part of its circumference and is intended for snugly adjoining the inner surface of the hand. The distance of this curvature from the longitudinal axis (39) is at its greatest in a maximum (59) that lies in a central region of the curvature and distinctly decreases from this location to the distal and the proximal part (50, 54). According to the invention, a length (L0.1) of the center part (52) amounts to 45-55% of the hand width of the assigned group of hands and has a curvature — if viewed in a longitudinal section that contains the longitudinal axis (39) — with a curvature radius (R2.1) of 50-120 mm in the maximum (59). The invention also provides handle sets, hand or garden tools and hand or garden tool sets containing handles of this type (Figure 5).